



HEALTHIER | Richmond

Richmond City Health District Newsletter

WORKING TOGETHER FOR A HEALTHIER RICHMOND



H1N1 VACCINE
IT'S SAFE. IT WORKS.

Community partnership makes H1N1 vaccine available to RRHA residents

Richmond City Health District Director Dr. Donald Stern arranged an agreement with Bon Secours to provide H1N1 vaccination to residents of Richmond Redevelopment and Housing Authority (RRHA) public housing communities by offering vaccination on the Care-A-Van at various RRHA neighborhood sites.



Left to right: Richmond Redevelopment & Housing Authority CEO-Anthony Scott, Richmond Health District Director-Donald Stern, and Bon Secours Richmond Health System-Mobile Health Outreach Coordinator-Herbert Cummings.

The mobile and very visible Care-A-Van is thought to be an ideal way to bring vaccination to RRHA and encourage residents to take advantage of the opportunity to get vaccinated right in their own neighborhood. The RRHA H1N1 vaccination campaign will include provision of education and information about the importance and safety of H1N1 vaccination. RCHD H1N1 educators and other RCHD personnel are teaming up with RRHA staff-members and going door-to-door throughout the RRHA neighborhoods to make sure everyone is aware of the vaccination opportunity and are well informed about the benefits of H1N1 for them and their family.

H1N1 vaccination rates for African Americans have been low throughout the City of Richmond. This campaign is part of the larger effort to engage "hard-to-reach" populations through non-traditional efforts in addition to vaccination that is offered at the Richmond Health District clinic.



Nikisha Edmonds gives H1N1 vaccination to RRHA staffmember during the Vaccination Campaign Kickoff at Gilpin Court.



Bonnie the Bon Secours Bunny stood out in the crowd during RRHA H1N1 Vaccination Kickoff.

February is American Heart Month



The American Heart Association (AHA) first worked with Congress to require the President to declare it as American Heart Month in 1963 - and each year, the President declares it as such again. Heart Disease is the leading killer in the United States. The object of American Heart Month is to increase public knowledge of various cardiovascular diseases, for the purposes of research fund-raising and the prevention of heart disease by encouraging heart-healthy habits.

The most common heart disease is coronary heart disease which often appears as a heart attack. In 2009, an estimated 785,000 Americans had a new heart attack, and about 470,000 will have a recurrent attack.

The chance of developing heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. A heart-healthy diet and regular physical activity or exercise will reduce your risk for developing coronary disease. Additionally, knowing the signs and symptoms of heart attack are crucial to the most positive outcomes after having a heart attack.

Heart attack symptoms:

- Chest discomfort in the center of the chest lasting more than a few minutes, or comes and goes.
- Discomfort or pain in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath
- Cold sweat, nausea, or lightheadedness

visit: www.americanheart.org

The RCHD offers free ROCK Richmond fitness classes all around town. Call 205-3734 for information.

www.vdh.virginia.gov

Donald R. Stern, MD, MPH

Richmond City Health District Director
RCHD Administrative offices: 400 E. Cary St.
(804) 205-3500

Clinical Services (804) 482-5500

Healthier Richmond newsletter is produced by the Richmond City Health District. Comments may be directed to 205-3735. Newsletter editor: George Jones

National Black HIV Awareness Days:

February 7 - Black HIV Testing Day

This awareness day urges African Americans to "Get Tested" and know their HIV status. Blacks are disproportionately affected by HIV/AIDS. While making up only 13 percent of the U.S. population, they account for more than 49 percent of AIDS cases. AIDS is now the leading cause of death for Black women ages 25 to 34, and the second leading cause of death for Black men ages 35 to 44.

March 10 - National Women & Girls HIV/AIDS Awareness Day

In 2005, women represented 26 percent of new AIDS diagnoses, compared to only 11 percent of new AIDS cases reported in 1990. Most women are infected with HIV through heterosexual contact and injection drug use.

Women of color are disproportionately affected by HIV/AIDS. AIDS is now the leading cause of death for Black women age 25 to 34.

A message from the RCHD STI Prevention Team:

"Working together for a healthier Richmond" is our vision. In observance of National Black HIV Awareness Day on February 7, the RCHD STI/HIV staff members encourage the Richmond community to participate in the awareness effort by knowing your HIV status.

Our Sexuality Transmitted Infection (STI) clinic hours are Monday, Wednesdays, and Fridays from 7:30 a.m. to 10:30 a.m. and 12:00 p.m. to 3:00 p.m. We offer free HIV testing with test results given the same day. In addition to knowing your status, it's important to educate yourself on prevention of HIV and sexually transmitted disease.

In the Richmond community, 2009 third-quarter statistics show that there were 112 new cases of HIV and 70 new cases of AIDS. Contributing factors are increased risky behaviors connected to online dating and anonymous socializing, needle sharing and engaging in unprotected sex. There is also a correlation between those who were newly diagnosed HIV positive and African American males who have sex with males (MSM).

Promoting good health must be a cooperative community effort. The RCHD STI team works diligently, reaching out to the community-providing education and screening events in addition to clinical services. We also provide free barrier-contraceptives. Other agencies and facilities that provide testing, education and treatment include Fan Free Clinic, Minority Health Consortium, Vernon J. Harris Clinic, Hayes E. Willis, VCU, and Central Virginia HIV Care Consortium.

The RCHD encourages members of the Richmond community to be a part of the solution to fight the spread of sexually transmitted disease and HIV/AIDS through use of barrier-contraceptives, limiting sexual relationships to monogamous partnerships, and not engaging in needle sharing. Be knowledgeable, protect yourself from infection and always know your HIV status. In this way, we'll all be working together for a healthier Richmond.

National Nutrition Month

• March 2010

The National Nutrition Month campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.



This year's theme is Nutrition from the Ground Up:

- Start with the basics. A healthy eating plan emphasizes fruits, vegetables, whole grains, low-fat or fat-free dairy and includes lean meats, poultry, fish, beans and nuts. A healthy plan is also low in saturated fats, trans fats, cholesterol, salt and added sugars.
- Make calories count by thinking nutrient-rich rather than "good" or "bad" foods. Most food choices should be packed with vitamins, minerals, fiber and other nutrients -lower in calories. Be aware of portion sizes. Even low-calorie foods can add up when portions are larger than you need.
- Focus on variety by eating a variety of foods from all the food groups. Fruits and vegetables can be fresh, canned or frozen. Look for locally grown produce that's in season. Vary protein choices with more fish, beans and peas. Include at least three servings of whole grain cereals, breads, crackers, rice or pasta every day.
- Make the most of family mealtime. Eating meals together provides the opportunity to help children develop a healthy attitude toward food. It also enables parents to serve as role models, introduce new foods and establish a regular meal schedule.
- Balancing physical activity and a healthful diet is your best recipe for managing weight and promoting overall health and fitness. Set a goal to be physically active at least 30 minute every day. Visit www.eatright.org for more information.

H1N1 Vaccination Outreach continues

Regional H1N1 vaccination is still a priority throughout VDH Health Districts including Richmond City.

The focus is currently on outreach to non-traditional places. This included a recent vaccination campaign targeting the Virginia General Assembly and other state offices during a week-long campaign that doubled as an emergency planning exercise practicing mass inoculation of government operations.

Richmond City Health District had the honor of conducting the clinic at the General Assembly to vaccinate legislators and GA staff. Planning and coordination was conducted by the Richmond Health District's new Emergency Planner, Patrick Holland who did a great job.

We welcome Patrick who comes to us from the Virginia Department of Emergency Management (VDEM) where he assisted 44 local governments with their emergency planning needs.



Laura Hilderbran and Pam Henry at the General Assembly H1N1 clinic.